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M I N I S T R Y O F H E A L T H
STATE INSTITUTE OF RURAL OCCUPATIONAL MEDICINE
AND RURAL HYGIENE

IN LUBLIN - POLAND 1951 - 1961

TEN YEARS ACTIVITY OF THE INSTITUTE ON OCCUPATIONAL
MEDICINE AND RURAL HYGIENE

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I n t r o d u c t i o n

We devote this publication to our great and unforgotten friends Witold Chodźko, Jan Danielowski, Emil Paluch, Józef Kostrzewski, Andrija Stampar, and among those who are still living, to our friend Brunon Nowakowski.

I n t r o d u c t i o n

We are aware, that ten years history of our Institute are a rather small period; we may say that they are the childhood of our Institute. That is surely true, if one estimates this period from a normal point of view. Nevertheless, the years 1951-1961 experienced a particular kind of historical events, and one should evaluate them from this point of view. It was just the time after the Hitler's invasion and the great war, and our people had to devote all its strengths and power in order to rebuild the country after the tremendous devastation and the loss in people and materials. We had to normalize the conditions for our social life.

The years 1951 - 1961 were a period of an enormous rebuilding activity. We had to rebuild our industry, and to improve our cultural life. This hard and tremendous work for the development of rural and social medicine should be especially mentioned. We cannot evaluate these ten years of gigantic work in a simple way. I must try to explain it, though it will be difficult for me to do it. These hard begins have just been necessary, and today when looking back on this activity we must try to evaluate them, as well as our results. Now, we want to trace new ways for our further activity and our attains, though it may be difficult, too. Everyone, when looking back on already performed ways, should be able to evaluate them and to censure all activities done, in order to find some new and of course higher ways, for the next ten years to come.

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SOME REMARKS ABOUT THE SITUATION OF OUR COUNTRY
IN TIME WHEN WE BEGAN TO BUILD OUR INSTITUTE
AND ABOUT OUR FURTHER ACTIVITY.

The Polish People's Republic occupies an area of 388.654 km². We own 15.972.900 ha. of rural land, 4.179.600 ha. of meadows and pasturages, 7.582.600 ha. of forests. After the war, there were a lot of fallows and unprofitable land; they melt quickly. We can say that today we have only 3.187 ha. of unprofitable soil.

The above mentioned figures show distinctly that unless the formidable rebuild of our industry and the great improve in industrialization, we are still a country which, in the enlightenment of its natural and geographical conditions, owns an important potential in soil and woods. Of course, our rural husbandry has strongly suffered from the war and the following devastations caused by the Hitler's invasion. We didn't yet reach such a high level in our production as one could observe in the leading world countries, but we are sure, that our Polish soil will once give richer crops, thanks to development of our agrotechnic, zootechnic, mechanization and agro-chemistry, as well as because of the bright spread of rural sciences. All these mentioned factors will be able to lift our standard of life, and our export into european and other world countries. We can say, that agronomy and forestry are beyond our industry, the base of our national husbandry and our welfare.

One of the most important elements in our rural development and our production, is certainly the work care for rural and forestry workers. This is the thesis we did put forward in 1951 when we argumented the importance of rural medicine. Now, as it results out of the last census in Poland, there are 29.480.000 inhabitants in the Country. 15.522.000, i.e. 52,7 % of them are countryside people. When we remember that the total for rural people before the war counted 23.185.000 Men i.e. 72,6 % of the whole population, we should take under

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consideration the shift from the country to industrial centres and urbanization. It seems to be a somehow complicated process this migration movement of our peasants to towns and to industry centres. We may say, that this movement shows a rather unadvantageous character because it is the sign of unsufficient rural production. But these processes are closely tied with the problem of Health and Work Care in the country, and with the hygienical and sanitary culture in our country centres. It's an important subject for rural culture and the object of our researches. In order to evaluate the forces of our agronomy we may add, that nowadays we own 8.352.000 horned cattle, 2.839.100 horses, 11.203.100 pigs, 3.778.400 sheep and goats, 54.600.000 fowl; we do not mention our very rich game. These amounts throw on our national agricultural structure, and they do play an important role in the matter of hygienical and health problems. We want to mention the great development of our rural industry. We have a great number of mills, sugar factories, fat-industry factories, tennings, fur-factoring, and an enormous amount of goods such as eggs, meat, fowl and dairy products, which are reproduced. The previous data are a general outline and picture of our economy, not to mention the big attains and ambitions of our industry. The Polish agronomy has undergone a lot of important organizational changes during the time of the paraphrased historical period. Beyond the great amount of national husbandry in the country, i.e. 86,8 %, there are 5.840 State Farms, 365 Machine Centres (POM), 1860 Productive Cooperatives, 21.075 Agricultural Centres, and an enormous system of rural Cooperations. A. Bodnar gave most curious data about mechanization and chemistry in agronomy for social States. The chief factor is the high level in rural production which depends upon the rise in technic and mechanization. During the last 15 years, these countries attained a big growth of chemical fertilizers. In 1966 they will probably use them analogically to the following comparisons:

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USSR - RUMENIA = Italian level; Poland - Hungaria = French level; CSRS = Danish level; DBR = DDR in 1957. The use of chemical fertilizers will of course rise until 1965 in capitalist countries. The rise from 1950 - 1957 amounts as to 60 % and it may be rather difficult to precise the further percentage for the year 1965; we think that the rise will be a much slower one in comparison with the socialist countries. We expect, that the last mentioned countries may use in 1970 - 75 as much fertilizers as the leading world countries. We do expect, that in 1966 these countries will in agronomic technics belong to the prominent world countries. Our research shows the following results: nowadays CSRS and DDR use one tractor for around 30 - 40 ha. (15 km.). As for the other socialist countries we may admit the work of one tractor pro 80 - 90 ha. The amount in tractors and other agricultural engines in CSRS and DDR will be the same as the American one in 1967; as to the rest of the socialist countries, the amount for engines will be the same as in Italy. We are sure that the needs in agricultural and technical means of the named countries will be completely satisfied and their engine assemble will be just what it should be. The previous sketch, illustrating our economical and social situation influences strongly the development of rural social Medicine and Health Service in the time from 1944-1961. The Institute has from its very start always been the advocat for the great and ever rising wants and needs, concerning rural medicine and its problems. Today we can say, that this idea has been entirely conform to the most essential needs of our Polish villages and Polish agronomy.

GENESIS, ARISE AND DEVELOPMENT OF OUR INSTITUTE AND OUR LEGAL FOUNDMENTS.

In 1944, after Lublin's liberation, the government began to erect the University "Marie Curie Skłodowska".

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Just then the excellent professor dr. Witold Chodźko lived in our town. His name was known all over the world. He was an outstanding representant of Polish medical sciences.

In the time between two world wars, he occupied a prominent position in the League of Nations. In 1905 we met Witold Chodźko in Nałęczów (province Lublin) as an active member of the "Patriots Centre" where one could find such names as Stefan Żeromski, Maria Konopnicka, Bolesław Prus, and the young writer and physician, Dr. Władysław Boy-Żeleński. This group has always been much interested in rural hygiene, and initiated the "Żeromski Baths" for peasants in the village Charż. In 1944 some excellent men like Jan Danielski, Rockefeller stipendist and student at the American School for Public Health (he organized the Health Service in Lublin immediately after the war) began to work with us.

Dr. Jan Brzozowski, student at the State Hygiene Institution, and country physician; Dr. Józef Parnas, former docent of the Veterinary Medicine Academy in Lwów, and many others, formed a scientific circle around dr. Witold Chodźko.

Prof. dr. Ludwik Hirschfeld the celebre scientist, has also been its member. The idea to found an Institute for Work Medicine, arised in Witold Chodźko's home. The idea has been discussed, the statutes and the organization projected, the guiding principles for the investigation course and their methodes decided. In 1951, the Ministry of Health accepted the projects and granted the first dotation. So we have been able to enter upon the organization of the Institute. An investigative team, under the leadership of dr. Józef Freytag and dr. J. Brzozowski set out to Hrubieszów (province Lublin) and started their work in testing a great State Cooperative. The hygienical conditions of workers being employed at speading chemical fertilizers have been tested; at the same time the team performed investigations, concerning Brucellosis in State Cooperatives, under the leadership of J. Parnas. These have

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been the first investigations performed by the Lublin Institute, in Autumn 1951.

After a certain time, the Institute got its full rights, the statutes have been voted by the Minister Council. So, we got at last the rights due to an individual scientific investigation outpost belonging to the Ministry of Health. The bill says: "The Institute is entitled to project and to manage scientific work in the competence of hygiene and work medicine, prophylaxis and therapy for occupational diseases which occur in rural professions, especially when working at breeding and vegetal production, as well as at rural and forestry manufacturing". This decree was signed by the chairman of the Minister Council, Józef Cyrankiewicz. Dr. Jerzy Sztachelski was just then Minister of the Health Board. The statutes have been very important for the development of our Institute. Now, we got finally all the necessary conditions, and financial as well as academical rights. Today, after ten years of activity, we do expect new parliamentary bills concerning the activity of Institutes performing researches. In the enlightenment of this bill, our rights do rise together with our tasks; nevertheless, these rights can enlarge our perspectives, concerning our investigation course and the schooling for rural medicine.

We mentioned our statutes and all the men around Witold Chodźko, and we can say, that they initiated the Institute and its ideas. It's sure that in the world scale - we performed a pioneer work. We have really been the first teams in acting so, and our structure, as well as our specification and our statutes are of own conception, as well as the structure and the organization of our Institute. We are exclusively devoted to rural medicine, and our scientists are specialized in matters of hygiene and public health in the country. The character of our Institute does agree with the specific rural pathology, giving it a complexed character. We are a kind of specialist's concentration for this work. Rural conditions are the most important

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factors in Poland's economical life. We care about nourishment hygiene, sanitary instruction and work hygiene, especially in regard to mechanization, chemicalization, zootechnics, sanitary instruction and work hygiene, antropozoonose, rural parasitology, clinics for occupational diseases, demography, and the Rural Health Service.

Such was the idea of this complexed assemble of specialists from the Medicine Academy in Lublin. We have to mention men like: Alfred Tuszkiewicz, Tadeusz Krwawicz, Tadeusz Jacyna-Onyszkiewicz, Stanisław Liebhart, Witold Klepacki, Witold Szewczykowski, Stanisław Piątkowski and some others.

SOME DATA ABOUT THE DYNAMICAL GROWTH AND THE DEVELOPMENT OF OUR INSTITUTE IN THE SPACE OF TEN YEARS.

In 1952, our budget amounted to 632.795 zł.
During the next years the budget was 1.313.500 zł.
In 1961, our budget amounted to 4.321.000 zł.

In 1952, 22 people worked in the Institute.
In 1961, 82 people do work in the Institute.

At first we hadn't our own building. Doc.Dr.Freytag was so kind as to give his own cottage to our disposition. We have been generously helped by the Medicine Academy of Lublin, too. Nowadays the Institute has its own building (8.7000 m³), but we do also profit of the hospitality of our Medicine Academy for our clinical departments, and our pathological laboratory. We are thinking of new buildings because we have not room enough for our laboratories. Our vivarium is too small, and our library though large, is nowadays too small for our needs. Speaking about building, we should always remember the great and kind help from the part of engineer Popko, who at this time was chairman of the National Council in Lublin. Our library and engine assemble increased largely. We have 447 positions for

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engines, 3.300 volumes and about 700 toms of Polish and foreign literature, newspaper, magazines, and periodicals. When speaking of our Institute we should gratefully remember the help we got from the Ministries of Health, Agronomy and Forestry, as well as from the Occupational Association of Rural Workers. The help we got from medicine, agronomy and forestry seems to be a symbol for our Institute and its work in the country.

Nevertheless we have a great lack of foreign apparatus, and it badly influenced some of our scientific researches. Only the help of the World Health Organization as well as from other friends, could be able to settle us definitively. Taking under consideration the development and growth of the Institute, we have to analize every problem which decides on our work; the first and most important problem concerns our staff of scientists, technicians and clerks. The time being, three professors, four docents, ten adjuncts and 28 assistants do work with us. Five of our adjuncts are preparing their doctor thesis, two dr.dr.adjuncts, prepare their habilitation. That means very much for the Institute. We think, that our young scientists may some day become the base for our further staff. A great many of our workers finished their studies abroad; they had the opportunity of perfecting their style of work and their methodic. We do greatly need such people for our further development.

Speaking about people who helped us for such a long time, we should first of all mention the Medicine Academy. During the first ten years we found there always help and collaboration. The result out of this fact were the schooling courses for country physicians, investigation expeditions and many publications, devoted to the problems of rural medicine.

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THE SCIENTIFIC INVESTIGATION ACTIVITY OF OUR
INSTITUTE.

From the very begin of our activity we discussed the guiding principles for our researches. First of all we tried to know all the problems, tied with the needs of our rural population and we can say that we found them to be enormous ones. We knew it well, that through many centuries countryside people and their needs have been neglected. We could observe a total lack of hygiene and health care. The social conditions of our villages were poor, and we could see it in 1951, and what we saw was rather a sad picture and a proof for the former policy, which has been very unjust through the times of feudal structure. Just before the war the first scientific investigations in rural environments had been initiated and performed. The leaders for the research were Marcin Kasprzak, dr. Pollak, Jan Danielski and some others. The character of these investigations was rather a fragmentary one and didn't give the very picture of rural people's conditions. We understood, that it will be necessary to get scientific and documentary materials, which could really inform us about the state of health and the hygienical conditions in villages. It's just a very curious thing that our first investigations didn't note evident changes between 1951 and 1961. The reason for it may be the fact that under the leadership of the late Witold Chodźko we understood much better our duties and the way we had to work; we knew it at once, that our activity must be closely tied with the real needs of our countryside people.

The first problem was the peasants personal hygiene. It became necessary to perform systematical investigations on focal way; otherwise we never should be able to analyze the true state of health of the population. Other hygienical investigations, performed under the leadership of Jan Danielski, tested dwelling problems, drinkwater and asenation.

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As for asenation, we found many valuable examples for this kind of research which had been performed before the war by the State Hygiene Institute. We only enlarged this activity. It was just during the time when new problems arose: like State Farms, State Machine Centres and Co-operatives. After our observations lasting ten years we can say that our ideas had been taken under consideration, especially in some particular sector and in many private ones, too. Our Institute has been the first to put out this thesis, that one must take in account the hygienical standard for rural dwelling styles, and first of all the water supply for our villages. It was a difficult and hard work, which asked for great endurance, but we can say that we had good results. J. Danielski and his disciples, procured us a lot of valuable scientific materials as for practise and rural hygiene. In the framework of this problem we began in 1952 to test the nourishment of our country people. Dr. Czajka and afterwards mgr. Mrs. Stankiewicz have been the first to do so. We began in this time to perform sanitary instructions and we projected to arrange a museum for country hygiene. So, the first steps were enacted. The second investigations were interested in work hygiene. We have been the first ones in Poland who were interested in this matter; may be that we have been the first ones in the world who had been interested in this problem, and I ought to say that we did a pioneer work. It was quite sure that the new kind of agronomy wants new kinds of investigation. We understood that nowadays industry is highly favoured in Poland. But besides industry we have rural productions, too. We should take care, a really scientific care of rural work. Rural production is the base of our nourishment and our export. When we began to work our institution was the only one to be interested in work hygiene. Soon, it became necessary to found a second one. One of the institutions, led by J. Freytag, has been devoted to rural mechanization and later on to forestry. A second

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Institute, being under the leadership of Jan Brzozowski, was interested in forest toxology. We have to mention the great development of chemical agronomy in our country. Nowadays, our State Machine Centres, Rural Centres, State Farms and individual farms too, own an engine parc of about 60.000 tractors and some hundred thousand rural engines. They are a kind of fundamental and typical assortment. Our rural mechanization rises more and more and our industry produces incessantly engines with the help of the institutions for rural mechanization and agronomical engines. We realize, that we are standing before many serious problems, concerning medical and hygienic council, conform to the thesis of the academician Letawiet, who spoke of the conformity of technical and medical activity and the health care for rural mechanicians.

This is a very important question. In the last times, we do collaborate closely with DDR and CSRS. We expect some new hygienical and profilactical problems, which call for new tasks. One can say the same about the increase of quantity and assortments concerning insectofungicides presently used in agronomy. Nowadays, we do use every year something about some thousand tons of such chemical means. These materials are partially organophosphorical compounds, being most dangerous for mens' health. (About 90.000 people are working in mechanization and chemistry).

Now, we see that our relations with country mechanization and chemistry had been proper ones in 1951, and it should not be a surprise, that the course of our researches is better from year to year; we finally got curious results which are most important in practical use.

The first problem we had to solve, was work hygiene and care for people, being occupied at breeding. It's also one of the most important problems, because of the zoonosical diseases. We have been much interested in antrozooponose and zooparasithose. These kinds of diseases do very often occure in our country. We know, that they are an integral part and a characteristical apparition in rural epidemiology.

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It is especially Pawlowski's instruction about natural focality which ranges antropozoonose among epidemiology. We could observe the important role of antropozoonose in rural medicine. So, we began at once to test this problem concerning work hygiene and epidemiology, too. We can say, that in the international scale, we have been the first which performed this kind of investigations. This activity has been much appreciated in foreign countries. The next investigation course started together with our first active steps and concerned the clinic for rural diseases. It has been Witold Chodźko's idea; his wish was to tie hygiene with clinic and clinic with profilactic. It's a very good idea, but it will be difficult to realize it. As to now, it has not been sufficiently realized. It seems to be the fault of our clinicians, but it may be that hygienists are guilty too. We are right to be proud, that our Institute and our Medicine Academy became the centre for some progressive clinicians, being in contact with the Institute. They began to undertake the problem of rural medicine, under the leadership of Alfred Tuszkiewicz. These kind of investigations gave some curious results, concerning traumatism, antropozoonotical diseases like brucellosis, leptospirosis, toxoplasmosis, helminthiasis and ornithosis. Countrywomen have been tested, and all dermatical diseases; rural orthopedy and chiefly social rural pediatri began to act.

The Institute performed also investigations about rural demography, and about the structure of rural morbidity causing absences of rural workers. We tested the organization of rural Health Services, and began to school graduated country physicians.

The last investigation's course concerned isotopes in agronomy, which surely will become our particular occupation for the next five years to come.

Our staff was during the ten years of our activity too small for our needs in regard to the great importance of social rural problems; so we have not been able to work inde-

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pendently. We had to find collaborators to help us in our scientific research and it was a great success that we could find them in our Medicine Academy in Lublin and in Cracow, where Błażej Gastoł manages investigations together with the Academy of Sciences.

We found also collaborators among workers of provincial Sanitary Stations, especially in Poznań. There arose a new branch of our Institute. Other provincial stations are helping the Institute in scientific investigations throughout the country. One of our most precious allies was a group of excellent country physicians. They all wanted to work together with us, and saw in our Institute their scientific council centre and began to work systematically with our staff. They gathered a lot of observed materials under our direction. All the given materials concerned the hygiene and health state among countryside people. These physicians are our scientific correspondents. Their group of 68 men is under the control of a Correspondent's Commission. Their leaders are much devoted physicians; like Dr. Gustaw Specht, dr. Władysław Mazurek, dr. Boguchwał Panas, dr. Witold Mieszkowski, dr. Albin Szeliga, and some others. We want to mention especially dr. Janusz Peter, the organisator of the famous hospital in Tomaszów Lubelski. He is an excellent physician, historian, painter and the organisator of the Rural Health Service. His hospital became the base for many scientific researches of our Institute.

When speaking about work style and the test-methodic we want to mention that we are rather poor in laboratory apparatus, and that we need new and modern installations for our work. It's one of our most important problems. Such modern instruments are nowadays irremissible in laboratories performing tests for hygiene and work medicine. These desideria are only partially realized, thanks to help of some other organizations, among them we have to mention the Ministry for Agronomy, which gave us a special vibration engine, the only one in Poland.

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As for our scientific investigations through the country we can say that they are grounded on scientific expeditions, having a focal and complexed character. There are some valuable patterns for this kind of work, especially from Soviet Union.

In the space of the past ten years we performed several great expeditions in order to discover natural tularemia centres, and other ones in regard to brucellosis, ornithosis, toxoplasmosis and the often occurring exacerbation of helminthiosis. We performed hygienical, ecological, zoological, entomological, meteorological, microbiological, parasitological, epizootological and epidemiological investigations as well as clinical tests.

Pawlowski's examples and methods are of great help for us, and we gained many experiences in using them. May be, that the medal devoted to the memory of the great English naturalist, Charles Darwin, ordered by the Soviet Sciences Academy, and sent to our director, is a sign of appreciation from the excellent scientist Pawlowski. Our activity has been appreciated by the WHO, too; our director has been invited to be member of the WHO Expert Commission for antroponose.

We organized some small and some big expeditions for our researches. So we have been in the State Machine Centre (POM). The leader for this expedition was J. Freytag. We tested the work conditions of tractorists and other mechanics.

Similar expeditions led us to our State Forests, where we tested the state of health, life, work and hygienical conditions of the workers. Forestry workers had always been rather neglected. Some other expeditions under the leadership of dr. Brzozowski tested environments infected with *Leptinotarsa Decemlineata* Say. The workers, being employed in insectisits are much exposed. We tested their work and hygiene conditions, as well as the work conditions for men being employed in orchards at insectifungicifity.

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Some shorter expeditions tested State Farms and rural hospitals in regard to the morbidity structure in the country.

The Institute sanctioned such kinds of researches, performed in rural areas; they became a very valuable source for our documents. The following figures do illustrate the amount of kilometers our staff had made: 297.000 km. by cars, and some trips in busses and railways.

We may especially mention our "Summer Camps"; their leaders were Jan Danieliski, W. Szewczykowski and B. Wawryszczuk. It was an excellent idea. We have been able to arrange seven camps by own means, and with the friendly help of the Medical Academy. Every camp worked for several weeks in one of the choiced environments and had its own polyclinical and laboratory base. Their members stayed in tents or schools. About 100 people worked in every camp and among them were some professors and docents, some ten adjuncts and assistants and young people studying medicine, pharmacy or other faculties. Every expedition worked intensively and tested country-hygienization and clinical-prophylactical problems.

The Institute organized some similar camps for every Medicine Academy belonging to our consultive activity. The Medicine Academy of Łódź and the Institute for Work Medicine took part in these enterprises. The idea to arrange such camps has been realized under the leadership of dr. H. Rafalski and dr. Serejski. We had forty camps in the country and they all gave us rich materials for our research, and a true picture of the sanitary conditions, first of all of the sanitary and hygienical state in Polish villages. I must repeat, that all the gathered data are most necessary for us as they help us to find right conclusions concerning the hygienical movement and the further profilactical activity in the country. The result of our research are 5 books and monographies, and 12 methodical and organization bulletins in Polish language, as well as 2 bibliographical bulletins in English language. During ten years

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we published 381 original works, and series of scientific-popular publications, not to mention numerous communicates and informations, which had been printed in medical, agromonomical and forestry newspapers, and in Polish and foreign periodicals. This enumeration shows, that a lot of our original works had been printed abroad in Germany, France, Czechoslovakia, Soviet Union, England, U.S.A. and so on. For the next ten years we have the following plans:

I. Work Hygiene in Animal Production.

- A.
 - 1. Country Epidemiology, taking under consideration natural focality.
 - 2. Brucellosis.
 - 3. Ornithosis and Q.fever.
 - 4. Antropozoonose encephalitis.
 - 5. Leptospirosis.
- B.
 - 1. Helminthiasis in countrypeople.
 - 2. Toxoplasmosis in people and animals.
 - 3. Trichomoniasis in countrywomen.

II. Work Hygiene in Vegetal Production.

- A.
 - 1. Enzymatical changes in working organisms.
 - 2. Toxology of chemical means, being employed in agronomy.
 - 3. Breath physiopathology of country workers.
- B.
 - 1. The influence of vibration on the organism.
 - 2. Testing the noise in agronomy.
 - 3. Indications and contrindications in regard to the employment of adults, in agronomy.
 - 4. Tests about the energetical balance of rural workers.
- C.
 - 1. The state of health of people, being in contact with agronomical chemicals, and the conditions for rural work.

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2. Laboratory methodics for a diagnose of chemical intoxication, and for a right control activity in rural centres.
3. The toxic proprieties of chemical compounds, being used nowadays.

III. Hygiene and Country Hygiene.

- A.
 1. Methodical problems in regard to the hygienization movement in our country; the testing for hygienical processes and sanitary effects.
 2. Dwelling hygiene.
 3. The problem of hygienical drinkwater and gutters.
 4. The hygiene in countryside schools.
 5. Activity and methods to be used, in order to interest countryside people in the hygienization movement.
- B.
 1. Tests for the evaluation of the nourishment standard, performed in a certain group of people.
 2. Standards for valuable food.
 3. The role of food in comparison with often occurring diseases in the country.
 4. Tests about the fundamental biological values, contained in food.

IV. Occupational Diseases, and Often Occuring Diseases in Country-Centres.

- A.
 1. The morbidity structure in countryside people.
 2. Therapy neglect and retardments in treatments of diseases, and their causes.
 3. The lung tests, for countryside workers staff.
 4. Therapy in Brucellosis.
 5. Traumatism, often occurring in rural work.
 6. Women diseases.

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V. Demography and Statistics. Health Care Organization for the Country.

- A. 1. The demographical conditions for provinces, where peasants are the majority.
- 2. The demographical conditions in selected rural regions.
- B. 1. Health Care Organization for country people.

THE INSTITUTE, BEING THE SCHOOLING
CENTRE FOR GRADUATED COUNTRY PHYSICIANS.

Jan Daniel ski arranged in 1952 courses for country physicians. Every specialist knows perfectly every problem concerning rural medicine, so the Institute having specialists, decided to be a schooling centre, and realized Daniel ski's idea. During the last ten years we schooled 504 country physicians. We do count this schooling as our greatest success, and we can say that we had to fight with a lot of difficulties in order to realize our projects. The courses were of clinical, profilactical, hygienical and diagnostical character. The most important needs of rural medicine had been taken under consideration. Besides the courses, we schooled some persons, being employed at Work Hygiene, Care (BHP), Agronomy and Forestry as well as teachers, country agents and so on. The Warsaw Institute for Specialization and Perfectionment of Physician Staff helped us, and the directors of this institute, prof. dr. Hartwig, and prof. dr. Łukasik assisted us. We have been glad to be helped by men such as prof. dr. Onyszkiewicz, prof. dr. Liebhart, prof. dr. Krwawicz, the late prof. dr. Klepacki, doc. dr. Piątkowski and many other doctors of the Medicine Academy. We are very thankful to them, and we always have their kindly help under great consideration. It's an extraordinary kind of removal in modern sciences, technical progresses and research results, for our Institute

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and for rural medicine practise. Now, we want to build a boarding school for country physicians and we want to enlarge the reach of our teaching, and perform new types for schooling; we must have a larger program for hygiene and its movement in the country; it must contain sanitary instruction and all about work medicine. We already began to erect a museum for rural hygiene, as well as methodic centres for sanitary instruction.

OUR INSTITUTE - THE NATIONAL SPECIALIST
FOR RURAL HYGIENE.

Conform to the statutes and the suitable decrees of the Ministry for Health, we became the national specialist for rural medicine, and hygiene. We do execute our tasks entirely and systematically and we take an active part in the works performed in the departments for: Sanation and Epidemiology, Mother and Child, Medical Statistics and the Sanitary Epidemiological Council at the Health Board. We are also in collaboration with the boards of Agriculture and Forestry, and with the Trade Union of Rural Workers. Our Institute is the consultant of rural physicians and country hospitals on provincial degree. We are giving advises, instructions and directives, we performe research and consultations, and we school specialists and do print bulletins and reports, which are sent to the country.

In accord with this kind of activity, the Institute initiated the movement of rural hygienization. The position of the Polish village is a difficult one. During the Millenium of our History, we have always been exposed to wars and destructions. There are surely few countries in Europe with such a tragical history. We did endure, during 150 years the partition of our native land and we have been ruled by three foreign governments: Tsarist Russia, Germany and Austria. After the first world war we enjoyed a very short period of national liberty; it lasted only 20 years. The second world war a most tragical period for Russia and Poland. The Hitler invasion left us the

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following balance: seven millions of killed people, thirteen billion dollars charges. Our villages have been burned or destroyed, the population killed, burnt or deported into camps of concentration. The situation of Polish country sides was a deplorable one, and so was the people's health. Our hygienical conditions have been tragical ones. First of all we had to rebuild our Country, industry and trade. Nevertheless we can say, that our rural areas and the countryside found an important place in our national policy.

We have been able to gather huge materials in regard to rural hygiene and the state of health of our peasants. We got quite a lot of valuable reports from our provincial sanitary-epidemiological stations and from our country physicians. Our scientific correspondents completed this material.

The Institute collected an important amount of books and periodicals, which commented these problems all over the world. Our workers have been educated in countries of a high hygiene level. We should especially mention Bulgaria. After these preliminary activities our Institute initiated the activity for country hygienization. We tried to be in connection with our native traditions, chiefly represented by the State Institution for Hygiene, and such men as Kasprzak, Chodźko, Celarek, Szeniolis, Rudolf and others. Speaking of tradition we mean the sanitation of our Polish villages. We found this expression in the Bulgarian standard. Poznań showed a friendly interest in our action. Under the leadership of dr.S.Grzymała, arose a committee for rural hygienization which gave splendid results. Nowadays, 100 collectives do manage this action. Dr.Mazurkiewicz and dr.Petecki (province Rzeszów) took also part in our action as well as the following provinces: dr.Zasztowt (Warsaw), dr.Prażmowski (Łódź), dr.Przyłęcki (Wrocław), dr.doc.Bilek and prof.dr.Gastoł (Cracow), dr.Poznański (Białystok), dr.Kuzia (Olsztyn), dr.Dworak (Szczecin), dr.Skonieczny and dr.Dymek (Pomorze), and so on.

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This movement acted everywhere in Poland. For the next ten years this movement will be undergone by agronomy, forestry, instruction, communal husbandry and others resorts too. It just became a general movement which, we do hope, may lead to a deep metamorphosis of sanitary culture, the health problem and right hygienical conditions in the country. We are sure, that this necessary changement will greatly influence the general rise of rural culture and production. We know, that it is a problem of great importance for Poland.

THE INSTITUTE AND COUNTRY PHYSICIANS.

From the very begin of our activity and under the influence of its founders, Witold Chodźko and Jan Danielwski, we knew that our duty is to work together with our country physicians. They are our force and necessary for our further development. They are the times to come for our Institute and its scientific-social organization. We should never forget, that in 1951 there were only 8.842 physicians in Poland, and among them only 786 countryphysicians. They were a croplet in the ocean of needs and the wants in rural medicine. Country physicians are very lonely people, having no contact with cultural and scientific centres. They are often condemned to backwardness, concerning medical science and culture, they manage a vegetative life staying in far and, one may say, savage villages; we shan't forget that our country sides have partly been devastated during the last war. So, these men live in a sphere of dark conditions and the superstitions of country-people. They often have to fight against quacks, humbug and ignorance. We tried to give them new ideas; we did everything possible in order to help those poor comrades, and they always found in our Institute help and friendly feelings. We can say, that they greeted us with enthusiasm. They realized that they found a great friendship and a strong

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solidarity, a rather seldom thing in our country. We suppose, that even in other countries, such an outbreak of brotherhood has not often to be seen. That was the way on which a deep friendship arose between the Institute and the rural physicians. Nowadays, being, as we hope, at the end of our hard and ten years lasting ungrateful way, we may look backward and we must realize that almost every of our workers couldn't help to feel sometimes tired and disgusted. We had really difficult tasks and obstacles to surmount.

Now, we can say:

- a) Nowadays, 1952 country physicians are leaders of 1.671 Rural Health Centres and Rural Cooperatives. Almost all of them are our collaborators, and we are their scientific councillors.
- b) We had six national meetings for rural medicine, and some hundred country physicians could meet with our scientists; they could discuss their opinions and initiatives.
- c) We do expect that the Meeting For Rural Medicine in 1961, on the day of our Jubilee, will become a kind of historical moment for all of us; it will at the same time be the finish of our development period. New doors will be wide open for new progresses and new prospects.
- d) We performed 18 schooling courses for country physicians, and series of practical-scientific conferences; they played an important role and concreted the union between the Institute and our country physicians.

The Institute has always been initiator and it allowed us to play a certain role in the sphere for tendency as to the called "Chart of Rights and Tasks for Country Physicians". Unfortunately, we have not been able to realize our claim for "specialization for universal physicians", though it was a just claim. We even couldn't realize the printing of a periodical, devoted to rural medicine. Polish physicians had always called for it.

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THE INSTITUTE, AGRONOMY AND FORESTRY.

One of our first drifts was to find a way for collaboration with agronomy and forestry. It was always our wish to realize this idea; we had seen such a collaboration realized by rector Nowakowski and rector Paluch. It refers to the collaboration between Mining and Metalurgy and between Chemical and Textile Industry. As for us, we may assert, that the realization of our wish was difficult to realize. It just resulted out of the situation in 1952. It was the period of high interesting in production. These resorts had to execute plans, so they hadn't time to think about the important questions concerning social welfare of men being employed in production. We had to act with great patience and to explain them the importance of this problem. On the other hand we have been helped by the Occupational Confederation of Agronomy and Forestry Workers and by the Inspectorate for Agronomy and Forestry belonging to the Ministry BHP, having been called by a special bill of the Government Officers. There existed a second reason which didn't allow us to settle the question of collaboration, it was the big fluency of staff in the above named organizations. But at last we have been able to surmount all the difficulties. The following stabilization of working staff settled our collaboration with agronomy and forestry. Presently, our Institute is the councillor of those institutions, and we began our investigation activity. The representants of the institutions take part in our Meetings, and they are most interested in our scientific and instructive activity. It's just the begin of our mutual relations, but we do hope, that the next ten years to come will realize our hygienization plans and all our desideria in regard to medical and profilactical Care and Work Safety. We want to realize these plans, first of all in State Farms and State Machine Centres. We think, that it is our most important duty. It's sure, that the general level of hygiene and health care

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will exercise a great influence on a general rise for sanitary culture in the country, and in private and collective centres too. The State Institutions must become a perfect example of Health Care, otherwise it would be very difficult to reform private farming. Such is our, as I suppose, right point of view on this matter. We want so much our State Farms to be this good example and the foreman in matters of rural hygiene. We are sure, that we have and furthermore shall have the proper means, to give those institutions a right position and a high level. Now, it may be rather difficult to realize all our dreams at once and for all the mentioned estates. Thus, the Institute did put forward a standard thesis, in regard to State Farms and Machine Centres. We would at least like to have one standardised centre in every province and every district of our Country. They should be perfectly managed and give full guarancy for the right plan execution, and a right exploitation of endowments. This could help to rise personal and communal hygiene, water hygiene and work safety as well as medical and profilactical care for our staff. We are just on the way to realize these problems and are sure of some attains which may be valuable for the hygienization problem in Poland. The Occupational Committee of Rural Workers is very interested in this matter, and arranges competitions for hygienization, gives rewards and does patronize staff initiatives.

Our collaboration with the Ministry of Agriculture is a propitious one, especially in regard to water husbandry. The Minister of the Health Board accorded some patents to some members of our Institute because they found excellent solutions for the water problem, especially for drinkwater in villages. The Vice-president of the State Council, prof. dr. Stefan Ignar, who is much interested in the rural hygiene movement, does guarant us for better results during the next years. We are sure, that the patents given to our scientific workers, have not only been a curtesy of the

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minister towards them. The Water Service Direction, especially mgr.eng.Cwierthniewski and director Mordaszewicz, worked intensively with us and it allows us to think, that all these urgences may lead to the realization of the water problem, and especially to the drinkwater sanation in our villages. The Water Service shows its results in figures, and together with the Institute does organize investigations concerning water problem in agronomy. The Hydrological Enterprise performed during the last five years 182.000 bores. Their water installations are able to supply 65.000 m³ of water pro hour. The total of the required water shows to be 2 millions m³.

Discussing agronomy questions we must remember that in the actual period of our development we have to take under consideration individual farms and villages. Our chief investigation effort runs this way. The hygienization movement involves in a high degree country households. We consider that the Ministry for Agriculture should with the help of agriculture centres and cooperative organizations, do all its possible in this matter.

We realize that we have improved a good deal of historical delays. It may be right to throw the following figures:

We have, in our terrain something about 18.149 public dwells; 4,5 % of them are conform to hygienical standards, the rest shows more or less technical and hygienical lacks, which issued out from delays from many centuries. It will be a hard work for the actual generation to put them all right. Never through the whole course of our history such a lot of objects had been built in our country. Nowaday we built about 200.000 dwellings for our peasants, and Władysław Gomułka projected the erection of 1000 schools, for our Millenium. Most of them will be country schools. We are building stables and sheds, rural Machine Centres, buildings for Productive Cooperatives, and almost in every Polish village social objects. Peasants are the construc-

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tors, and the staff of our State Farms do help them. The Government gives great subventions for this building. There are huge tasks for us to come. We have areas which have been quite destroyed during the last war, especially the area of Bieszczady. It must be rebuilt, and we have to guarant the fundamental standards for hygiene and for the sanity of rural dwellings and other rural constructions. We devoted such a large place in our journal to this problem, because it is of great meaning for the past years, for today and for the years to come.

INTERNATIONAL COLLABORATION WITH THE INSTITUTE.

Just from the very begin of our activity, i.e. in 1951, we tried to find analogical standards (such were the words of the Minister of the Health Board, prof. dr. Barański) to help us in our pioneer and investigation activity. Fortunately our research through the accessible literature led us to the French Institution for Rural Medicine, having been founded in 1905. We tried to get in contact with them during the last ten years. Later on we contacted with the World Health Organization, which is most interested in every kind of association; from there we got new initiations for our activity, and for medical subjects. They understood and knew it well, that health is one of the most important problems in the world, and of course in Europe. So, WHO began to be interested in our activities; we often had the opportunity to meet some of its members in Geneva and in Copenhagen. In 1957, we celebrated a Symposium for Antropozoonose. We knew that this scientific branch is one of the most important ones in rural medicine. WHO has been very active in regard to rural medicine. An important schooling centre has been settled in Soissons (France). A similar centre was in Finland. In Zagreb (Jugoslavia), a schooling centre for social health has been settled. Its

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leader was the famous prof. Andrija Stampar. We had the opportunity to get in contact with him, and it lasted till his decease.

We have to mention the fact that WHO performed many important advancements and spent a lot of money for the development of rural medicine in Europe. In this case WHO went into connection with the traditions of The Farmers League of Nations. This League enlarged the initiatives for rural public health and hygiene. We should remember that before the war one of the chief persons acting in the League and being its member was the founder of our Institute Witold Chodźko and his friend dr. Rudolf. Our Institute hoped to get some help from the WHO. Several conceptions had been taken under consideration, and one of them was the idea to erect in Poland an international schooling centre, like Soissons. Several projects and propositions have been changed for this purpose. The realization of this idea could have been much advantageous for us, especially in regard to theory and practise of rural medicine. It was not only advantageous for us but for the Middle East and South East States of Europe. Our Institute was just the right place to realize this conception especially in this time. Poznań arranged an investigations party and we thought that they could become a supplementary department of the Institute, especially in matters of rural hygiene. Unfortunately, all our beautiful plans had not been realized which harmed us much.

We found connections with Hygiene Centres in Czechoslovakia, Germany, Hungaria and Bulgaria and with the Soviet Union. The rural medicine in the last named country has a great tradition which reaches the last ten years of the former century. The Soviet authorities developed an enormous medical activity in the country and originated many scientific centres. One of them was the Institute of Kiew, being under the leadership of prof. Miedwied. Our collaborators knew the Institute well. We have to note

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the Centre of Bratislava, under the leadership of prof. Macuch, and Hungarian centres in Budapest and Szeged, under the leadership of prof. Kanosy and dr. Bordas, as well as the German centre under the leadership of doc. Knabe. The contacts with our Bulgarian colleagues have been of great profit for us. Bulgaria is a country, where rural hygiene is widely spread all over the land and every one knows that it is famous. We found collaboration with such men as doc. Kamienow, doc. Genow and others. We became friends during the time of the XIII World Meeting of Hygienists in Belgrad and the Symposias in Czechoslovakia, Germany, Bulgaria and Hungary.

We found lively and useful contacts with the USA. We want to mention the Institute for Rural Medicine in Iowa, being under the leadership of prof. Toppa. We got most valuable contacts and good collaboration in Atlanta; there is a centre for Antropozoonose and Parasithology, under the direction of dr. Steel. We had the opportunity to give the new erected Institute in Tours some scientific help. Prof. Wachter is its director. We entered into scientific relations with DBR, especially with the Institute of prof. Lehman in Dortmund and with all the German institutes for Antropozoonose and Parasithology. We had contacts with Italy, Argentine, Israel, Japan, India, Tunis and so on. Today we can say that our Institute has large international contacts and a lot of relations abroad thanks to the problem of rural medicine, which is a new and most important one, and respected all over the world. During the last ten years we have been called by many famous scientists in the world. Some young, foreign scientists came to study here. Our young scientists studied abroad at several institutions. We got many scholarships from our Health Board, and from some foreign ones too. WHO - one; British Council - one; Tunis - one, called Charles Nicolle; Roma - Instituto di Sanita - two; and some from the German Institute for Sciences and from the Max Plank Institute. The Rockefeller Institution

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which

so often helped Polish Agriculture and Medical Science didn't give this time scholarships, and that's the reason why our students could not study in the USA; we wanted so much to send our young scientists to America. We got some literature from the Polish Institute of Sciences in New York, and from some Soviet Institutes as the Pawlowski's Academy, the Institute of Lewatiew, the Institute Gamaleia, the Pasteur Institute in Moscow and the Institute for Work Hygiene in Kiew. They sent us a lot of instructive and normative literature. We are always very thankful for every kind of international help but we do call for more. Nevertheless, we can say that the help we got was a manifold and precious one. It may be that our Institute has today a certain position in the world scale, and that is has been the initiator in matters of rural medicine. The director of our Institute has been invited to be chairman at the first International Congress for Rural Medicine in Tours (July 1961). We assume, that this honourable invitation is a kind of appreciation for our Institute. The Institutes of Tours and ours prepared some projects concerning the call for International Association of Rural Medicine and for the organization of international Congresses every three years, in various places. We want to have a periodical for rural medicine. We think, that this kind of international collaboration, could be very important in matters of public health and rural hygiene. We all do know, that peasants are the majority of every world population; they are the managers for world nourishment, without cereals, other fruits of soil and breeding, we had not enough to eat, and that without the countrymen work there would be starvation in the world. So we may well say, that peasants are the most important support for the whole humanity, and that we ought to care for them.

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PERSPECTIVES FOR A FURTHER DEVELOPMENT OF THE INSTITUTE.

As I mentioned, at the begin of this reference, our way has been a hard one, and today we can say that we were able to overcome many difficulties and oppositions, thanks to the unprecedented generosity of our staff, the devoted help of our country physicians, and our workers acting in sanitary-epidemical stations. We had the opportunity to develop our institution, thanks to policy course of Polish People's Republic. Our policy is a peaceful one for outward and a policy of development of our cities and our country-side. We should thank our Ministry of Health, the Board for Agronomy and Forestry, as well as the Association of Rural and Forestry Workers. We have to mention the friendly help we got of the Minister of the Health Board, dr. Jerzy Sztachelski and his successor, prof. dr. Rajmund Barański. Those two Ministers have been a support of the department and our consultations, the initiators of rural medicine in Poland. Our program means a further, accelerated and protuberant growth of rural health centres, cooperations and so on. We need country physicians, perfect nurses, and instructors for hygiene in the country. Our program announces a swift and perfectioned hygienical movement. Minister Barański protested, when he was said, during the Meeting for Hygienization in Poznań, that it should last some twenty years, before one could realize the lifting of hygiene and public health in the country. The Minister said, that it is our duty, and especially the duty of our whole generation, to act more than it is due in order to improve the historical mistakes against the Polish country. His speech evoked an enormous: Well done! We know, that we have to work quickly, considerably and better in the future, and we do entirely agree with our Minister. We are sure, that only the right comprehension of the program can give good results. We do observe all what happens in the world,

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and the progresses in hygiene and hygienization of our neighbours. We do observe with deep sympathy the important development of country hygienization in Bulgaria, China, in many countries in Africa, Asia and America. So we must hurry, because we would not like to be left behind. Our work does not only depend on rural and social medicine. It's the duty of agronomy, instruction, communal husbandry and other departments of our government. The Health Board helped us much in our scientific activity by the collaboration with our sanitary and epidemiological services. We are right when we say that it always will be the initiator, stimulator and coordinator for this great movement. Our aim is to perform historical changes in the sphere of hygiene and social health service in our Polish country. Our Institute announces its access and collaboration in this enormous work. And now, we want to thank everybody in Poland and abroad, for every ones friendly help given us during these ten years of, as I said at the beginning, our childhood, and our pioneer way. I think that we are right if we call for our Institute the honourable title:

Witold Chodźko's Institute for Rural Hygiene.

Professor dr. Józef PARNAS
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